

ABSTRACT

Women play a vital role in every culture and are multifaceted. Being a woman is a disguised blessing. They face problems or challenges in their day to day life either socially or physically. Body pain and Insomnia are the remnants of this age of high demand and stress. Reiki and Existential Therapy is an integrated model of noninvasive alternative therapy and psychotherapy that has the potential to reduce symptoms of insomnia, pain and improve holistic well-being. A total of 124 participants aged 36-64 were selected by purposive sampling, with 30 participants in the Reiki intervention group, 31 in the Existential therapy group, 32 in the integrated therapy group and 31 in waitlist control group who were randomly assigned. The research design is Before, After and Follow-up with Waitlist Control Group Design (Randomized Control Trial method). A mixed method approach was used for pain and insomnia assessment among the participants. Assessments were done using the Brief Pain Inventory (Cleeland, 1994) and Regensburg Insomnia Scale (RIS) (Croenlein 2013). Intervention to the three experimental groups was given over a period of three months with 18 sessions. Pain and insomnia were reassessed after the intervention, and a follow-up was also done after 3 months using the same tools. The data was analyzed using the Design Expert Software version 13 for Response Surface Methodology (RSM) for process optimization, SPSS 29 for repeated measures MANOVA and Atlas ti 25 for qualitative analysis. Results revealed that Reiki and Existential therapy (integrated intervention model) is more effective in reducing the levels of Pain and insomnia among women. Interventions to overcome pain and insomnia can significantly improve the well-being and overall mental health of women.

Keywords: *Pain, Insomnia, Middle Adulthood Women, Reiki, Existential Therapy*